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Review Article



Ayurveda view on Fissure-in-Ano and its management through Ayurveda w.s.r. to role of *Jatyadi Taila Matra Basti*

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Abstract

Acharya Sushruta has explained many diseases of *Guda-Roga* and Anal fissure is one of them, which is categorizes as painful Anorectal conditions. Ayurveda described fissure-in-ano as *Parikartika* which possess symptom of *Kartanwat Vedana* in anal region. Sharp cutting pain, bleeding, discharge, itching and burning sensation, etc. are common symptoms of fissure. Ayurveda described many therapeutic options for treating such types of conditions including uses of medicated *Ghruta*, *Yastimadhu ghruta*, *Jatyadi ghruta* and *Swedan*, etc. The *Matra Basti* of *Taila* also recommended treating fissure, in this regard *Matra Basti* of *Jatyadi taila* play remarkable role to suppress symptoms of disease. *Matra Basti* of *Jatyadi taila* helps to sooth affected area, remove slough and reduces pain, etc. *Jatyadi taila Matra Basti* known to controls discharge in case of ano-rectal problem. *Jatyadi taila* itself offers *Shodhan* and *Ropan* effects thus helps to heal anal wound and relieves *Shotha* by virtue of its *Snigdha Guna*. Present article described patho-physiology of fissure in ano and its management through Ayurveda W.S.R. to role of *Jatyadi taila Matra Basti*.

Keywords: Ayurveda, Fissure, *Jatyadi taila*, *Matra Basti*

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1. Introduction

Fissure in Ano described as *Parikartika* in Ayurveda characterized by *Kartanwat Vedana* in anal region due to the predominant vitiation of *Vata Dosha*. *Vata* especially *Apanavayu* resides in *Guda Pradesha* thus fissure possess symptoms of *Vata* vitiation including cutting pain, burning pain, discharge and difficulty in defecation with blood in stool. (1-3)

Anatomically fissure in ano involves formation of small elongated ulcer in lower part of anal canal. It located at the area where internal mucosa of anal canal meets to the external skin of surrounding perineum. Anal spasm or high anal pressure may affect the severity of fissure.

Unhealthy lifestyle chronic constipation, Gastric problems, and mainly considered responsible factors for fissure. Diseases of digestive system, smoking habits, awful sleeping habits, consumption of fried, hot, spicy foods and avoidance of natural urges, etc. are major causes of ano-rectal problems. Constipation, hyperacidity and gastroenteritis, etc. may leads hard

stools and when these hard stools passes through anorectal mucosa then tear or cut in anorectal mucosa may occurs which finally turned to the fissure in ano. (2-4)

Small longitudinal tear around anal mucosa causes pain during bowel movements; fissure affects people of all age's groups but male are more prone than female. Sharp pain, traces of blood in the stool and pus discharge, etc. are common symptoms in elderly peoples suffering from fissure, diarrhea, sedentary lifestyle, unhealthy food habits and late night awakening, etc. are common trigring factors of ano-rectal diseases.

2. Ayurveda Management

Ayurveda described several approaches for treating fissure, these approaches includes *Kshara karma*, *Avgahasvedan* and herbs, etc. Application of topical formulation and *Panchkarma* therapy provides many health benefits in fissure. The Ayurveda drugs possessing specific properties as depicted in **Figure 1** can be used for relieving symptoms of disease.

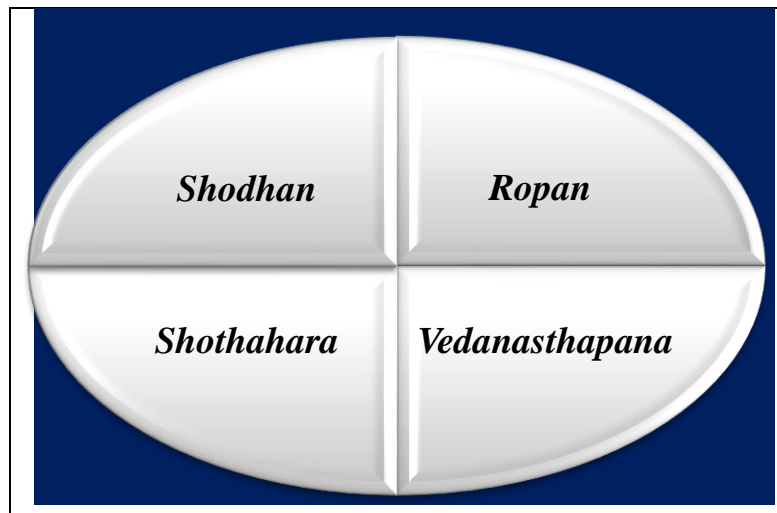


Figure 1. Properties of Ayurveda drugs requiring for relieving symptoms of fissure

3. Ayurveda Formulations for Fissure

- ✓ *Eranda tailam*
- ✓ *Yashtimadhu tailam*
- ✓ *Kanchanar Guggulu*
- ✓ *Vaishwanar Churna*
- ✓ *Dusparshakadi Kashayam*
- ✓ *Thriphaladi Churnam*
- ✓ *Jatyadi Taila*

4. Role of Jatyadi Tail in Fissure (5-10)

Jatyadi Tail is a herbal oil which helps to heal wounds in fissures, fistula and piles. It speed up healing processes and improves recovery from the diseases. *Jatyadi Tail* reduces irritation, burning sensation and anal spasm itching, etc. This oil offers health benefits in treating conditions like wounds, burns, cuts, eczema, abscesses and blisters, etc.

5. Major ingredients of Jatyadi Tail are as follows:

- ✓ *Jatipatra (Myristica fragrans)*
- ✓ *Neem – Azadirachta indica*
- ✓ *Karanja (Karanj) seeds – Pongamia Pinnata*
- ✓ *Karanja (Karanj) leaves – Pongamia Pinnata*
- ✓ *Yashtimadhu (Mulethi) – Glycyrrhiza glabra*
- ✓ *Haldi (Turmeric) – Curcuma longa*
- ✓ *Manjistha – Rubia cordifolia*
- ✓ *Lodhra – Symplocos racemosa*
- ✓ *Sesame Oil*
- ✓ *Sariva – Hemidesmus indicus*

Ayurveda internal medicines such as *Gandhak Rasayana*, *Rajat Bhasma* and *Yashtimadhu Churna*, etc. can also be used along with *Jatyadi oil* for treating wound and anal fissure, etc. *Jatyadi oil* helps to heal the cracks in the anal region. The oil helps to heal wound and offers antiseptic action. *Jatyadi oil* control symptoms of anal spasm itching, burning and irritation, etc. It can employed with other formulation like *Gandhak Rasayana*.

The *Matra Basti* of *Jatyadi taila* in fissure offers soothing effects and remove slough from the wound and reduces pain. *Jatyadi taila* as *Matra Basti* not only control symptoms but ease the process of defecation. The *Shodhan* and *Ropan* effect of *Jatyadi taila* relieves

symptoms of diseases and *Snigdha Guna* relives *Rukshata* and *Shotha* of fissure.

6. Suggested Mode of Action of Jatyadi Taila in Fissure

The ingredients of *Jatyadi taila* impart *Shothahara*, *Ropaka* and *Vedanasthapana*, etc. effects therefore control symptoms of diseases such as pain, inflammation, swelling and burning sensation. Moreover the property of formulation control pathological progression of fissure and reduces chances of infection at the site of wounds. The major therapeutic effects of ingredients of *Jatyadi Taila* are as follows:

- ✓ *Jatipatra* provides *Shothahara* and *Ropaka* effects thus improve healing of wound in fissure.
- ✓ *Haridra* and *Karanja* offers *Kushthaghna* and *Krimighna* effects hence control wound infection and repair skin lesion.
- ✓ *Neem* and *Daruharidra* control bacterial growth and improves process of wound healing.
- ✓ *Yashtimadhu* imparts soothing and calming effects thus relieves burning sensation and pain.

7. Conclusion

Ayurveda described fissure-in-ano as *Parikartika* which is considered as painful disease of anal region. *Atisara*, *Grahani* and *Arsha*, etc. can triggers the pathogenesis of fissure. *Vattaja Parikartika*, *Pittaja Parikartika* and *Kaphaja Parikartika* categorizes on the predominant vitiation of specific *Doshas*. Sharp cutting pain, discharge, itching and bleeding, etc. are common symptoms of fissure. Ayurveda described many therapeutic options for treating such types of conditions including uses of medicated *Ghruta*, *Yashtimadhu ghruta*, *Jatyadi ghruta* and *Swedan*, etc. The *Matra Basti* of *Jatyadi taila* play vital role to treat disease. *Matra Basti* of *Jatyadi taila* provides soothing effects, remove slough, improves healing process and reduces pain, etc. *Jatyadi taila Matra Basti* offers *Shodhan* and *Ropan* effects and control infections thus prevent pathological progression of wound in anal region. *Jatyadi taila Matra Basti* along with other formulation can be used effectively for treating condition like fissure.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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